

# BNL FITNESS CLASSES

May-June 2012

[www.bnl.gov/bera](http://www.bnl.gov/bera)

ADVANCE REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES  
*Classes cannot be pro-rated. Your paid registration is needed to secure instructors.*  
Please make checks payable to BERA and mail to: Recreation Office, Bldg. 400A

**AQUA AEROBICS** – 8 week session - \$32 for 1x week OR \$60 for 2x week

5:30-6:30pm at the Pool, Bldg 478

Tuesday: May 1, 8, 15, 22, 29, Jun 5, 12 & 19

Thursday: May 3, 10, 17, 24, 31, Jun 7, 14 & 21

**PILATES** – 8 week session - \$40 for 1x week

Noon-1pm – Rec Hall, Bldg 317

Tuesday: ~~May 1~~, May 8, 15, 22, 29, June 5, 12 & 19 (REVISED-June 26 instead of May 1)

**YOGALATES** – 10 week session - \$50 for 1x week (re-posting)

NOON-1pm – Rec Hall, Bldg 317

Monday: April 2, (no 4/9), 16, 23, 30, May 7, 14, 21, (no 5/28), June 4, 11 & 18

**ZUMBA** – 8 week session - \$40 1x week OR \$80 for 2x week

Begins promptly at 12-1pm at the GYM, Bldg 461

Tuesday: May 1, 8, 15, 22, 29, Jun 5, 12 & 19

5:15-6:15pm at the Rec Hall – Bldg 317

Wednesday: May 2, 9, 16, 23, 30, Jun 6, 13 & 20

POOL ~ GYMNASIUM ~ WEIGHT ROOM

BERA Sports & Clubs ~ Volleyball/Soccer/Basketball

<http://www.bnl.gov/bera/recreation/clubs.asp>

----- COMPLETE and return with your registration fee -----

**2012 BERA FITNESS REGISTRATION – Aqua Aerobics, Pilates, Yogalates & Zumba!!**  
(May-June)

Activity: \_\_\_\_\_ Class Day: \_\_\_\_\_ # of Weeks \_\_\_\_\_

Name: \_\_\_\_\_  
(Please Print)

BNL Life/Guest Number: \_\_\_\_\_ Building Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_

Emergency Contact and Phone Number: \_\_\_\_\_

Make checks payable to BERA and mail to: Recreation Office, Building 400A

**Proof of Medical Insurance is required for all Guests/Users & Family Members**

**\*\*Please check with your physician before starting any fitness program.**

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The following activities **do not** require registration:

## **\$ PAY AS YOU GO:**

- **Kickboxing** - Mon & Thurs @ 12:15pm in the gym, \$5 per class (Bldg 461)  
Contact Recreation Office x2873
- **Aerobic Fitness** - Tuesday & Thursday in the Rec Hall (Bldg 317) at 5:20pm  
10 Classes for \$40, or \$5 per class ~ *April 19<sup>th</sup> will be last class until September*  
Contact Kathy Schoenig x2818 or email: [schoenig@bnl.gov](mailto:schoenig@bnl.gov)

## **FREE, FREE, FREE:**

- **Reiki Healing Circle** - contact Nicole Bernholc x2027  
Thursday - 12 Noon - email [berholc@bnl.gov](mailto:berholc@bnl.gov) for location
- **Tai Chi** - contact A. Rusek x5830 - *Great for balance and strengthening!*  
Monday, Tuesday, Thursday & Friday @ 12 Noon at Brookhaven Center (Bldg 30)
- **Yoga** - contact Ila Campbell x2206  
Wednesday - 12 Noon @ Brookhaven Center, North Room (Bldg 30)  
[More Yoga class information](#)

Review the interesting opportunities offered by BERA Clubs:

<http://www.bnl.gov/bera/recreation/clubs.asp>

BERA Club information can be found at: [www.bnl.gov/BERA](http://www.bnl.gov/BERA)

*\*\*Please check with your physician before starting any fitness program.*

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## *BNL Ballroom Dance Club*

Checkout our new website: <http://www.bnl.gov/bera/activities/dance/default.asp>

The Dance Series happens on Wednesdays at the Brookhaven Center North Ballroom beginning Wednesday, April 25, 2012.

The cost is \$40/person for the 5-week series.

**5:15-6:15 - Beginner Waltz**  
**6:15-7:15 - Viennese Waltz**  
**7:15-8:15 - Intermediate Samba**

Practice sessions are held on most but not all Mondays from 5:30-6:30pm in the North Ballroom at the Brookhaven Center. There is no formal instruction but music is provided. If you would like to attend, please contact: Vinita Ghosh (6226) [ghoshvj@bnl.gov](mailto:ghoshvj@bnl.gov) or Kathleen Tuohy (3845) [tuohy@bnl.gov](mailto:tuohy@bnl.gov)